

# Kane County Senior Center October 2021



Kanab 172 E. 100 N. (435) 644-4321 Mon.-Thur. 8am-2pm  
Orderville 417 US-89 (435) 648-2504 Mon. Wed. Thur. 8am-2pm



## Activities In Kanab

Exercise Room Open For Use Mon-Thur 8-2

TAI CHI: Monday & Wednesday 10am

Neighbor Day: Monday's 11am

Morning Exercise: Tuesday & Thursday 10am

Mah-Jong: Tuesday 1pm



Coloring/Painting: Tuesday 26th 11am

WII Bowling: Wednesday's 11am

Sewing Crafts By Polly: Wednesday 1-3pm

Local Shopping: Wednesday's 1pm

Games & Cards: Thursday 12:30pm

## Activities In Long Valley

Exercise Room Open For Use

Monday, Wednesday, & Thursday

## October Bus Trip

"Caregivers are  
Super Heros"

Caregiver Appreciation  
Conference

Door prizes Free Respite  
Awards

Vendor Fair

Cedar City

October 15th

10:30-1:30

Call for more info!

\$8.00 Suggested donation



Healthcare Coverage  
For Older Adults

October 12, 2021

10:00 am

call and join at the  
Senior Center on zoom

If you have good thoughts, they will shine out of your face  
like sunbeams and you will always look lovely. -Roald Dahl

### R.A.W

Real. Authentic. Warriors

A non-profit organization  
dedicated to the service  
of burn and trauma survivors  
and their families.

Oct. 20th 11-4pm

We will be sewing gowns  
to help them  
with their cause.

We are also accepting  
R.A.W. Box donations.

Call for list of  
donateable supplies

### Lunch

60 + \$3.00

Local Shopping

60 + \$5.00

Out of Town

Trips / Shopping

60 + \$8.00

Suggested Donation

### CARE & SHARE

Thursday 7th

Thursday 21st

2pm-6pm

Please bring  
your own  
Boxes, Bags  
or Totes

Five County will be here  
to help with Medicare  
Open Enrollment

Kanab-

November 4th

10:30-1pm

Long Valley

November 1

12-1:30 pm

Call to schedule your  
Appt.

Like us on facebook to stay up to date on what is happening @ KANE COUNTY SENIOR CENTER  
Home Delivery Meals & Curbside Pick up is Monday, Wednesday, and Thursday.